BANANA FLAPJACKS

3 ripe bananas

2 1/4 cups of oats

1 cup of peanut butter

1/4 cup maple syrup

1 teaspoon cinnamon

Raisins optional

Pre heat the oven to 180/gas mark 5. Line or grease an oven proof dish.

Blend up the bananas, maple syrup and peanut butter. Add to a bowl with the oats and cinnamon. Stir well until the mixture is combined and sticky. Add in the raisins if using.

Transfer to your dish and spread out evenly. Pop in the oven for 20-25 minutes.

Remove from the oven and tip onto a wire rack to cool. Cut into slices once cooled and keep in an airtight container for 3-4 days.